

Date	Incident/Mistake	Action/Reaction	Severity/Duration	Noticed by	PD/EGO	Defect 1	Defect 2	Defect 3	Type of AS	Autosuggestion/Correct Perspective	Action level solutions	Have you noticed progress?
1 Jan 23	I stuffed my cupboard with my clothes without folding them properly	Action		Self	PD	Untidiness			A1	Whenever I keep my clothes untidily in the cupboard without folding them, I will become aware that my clothes will wear out quickly and I will fold my clothes and arrange them neatly in the cupboard	Folding the clothes and placing them neatly as soon as they are laundered.	
	I approached your senior and asked him for his time in order to sort out some issues. He told me to come back later because he did not have time for that. I felt bad after listening to this and thought, 'My senior doesn't pay any attention to me. He doesn't have time to address my issues'.	Reaction	2h	Self	Ego	Expectation	Emotionalism		A2	Whenever I go to meet my senior in office to discuss with him the difficulties that I am facing in office work and he tells me that we shall discuss it later, I will consider that he might be having other important and urgent matters at hand and that he will definitely solve my difficulties after completing them and I will calmly and humbly ask him about his convenient time to discuss the matter.	Calmly asking the senior for a convenient time to discuss the issues	
2 Jan 23	When my husband was sitting and reading the newspaper for a long time in the morning, I was severely distressed thinking that he should understand and help me in household activities and felt bad thinking that nobody helps me.	Reaction	1h	Self	Ego	Expectation			A2	Whenever I see my husband reading newspaper in the morning and I feel that he should help me in household matters, I will realize that he only gets this free time in the entire day and that he too gets tired and I will decide priorities of household work and plan to do it accordingly.		
3 Jan 23	When my junior was late to office meeting, I yelled at him.	Action	15m	Self	Ego	Expectation	Not accepting the situation		B1	Whenever my junior is late to the office meeting, I will realise that he needs to be professional and I will calmly the consequences of being late to important meetings		
	My old pet cat died today. I have been thinking about it all day and crying.	Action	1d	Self	PD	Emotionalism			B2	Whenever I come to know that my pet cat has died due to old age, I will realise that everything living being is going to die some day. Only God is with us throughout, and so I'll start chanting.	Immediately chanting when I remember my cat.	